

## Welcome!

Alaska's farmers grow some of the best produce in the country. Fresh fruits and vegetables are an essential part of good nutrition. The Alaska Farmers' Market program introduces WIC participants and eligible seniors to produce grown in Alaska. Through this program, participants are issued coupons that they can exchange for Alaska-grown fruits, vegetables and herbs at local Farmers' Markets and farm stands. The program helps Alaska's economy by bringing new customers to Alaskan farmers who sell their products directly to consumers. The USDA and the State of Alaska fund this program.

We encourage participants to keep this brochure as a useful resource for using Farmers' Market Nutritional Program and Senior Farmers' Market Nutritional Program checks and Fruit and Vegetable Vouchers.

**Enjoy!**



State of Alaska  
Department of Health & Social Services  
Division of Public Assistance  
Nutrition Services  
PO Box 110612  
Juneau, Alaska 99811-0612  
Phone: 907 - 465 - 3100  
Fax: 907 - 465 - 3416  
E-mail: [wic@alaska.gov](mailto:wic@alaska.gov)

# 2015 farmers market nutrition program



## southeast sales locations



Alaska WIC  
Farmers' Market  
Nutritional Program  
(907) 465-3100

## Petersburg Locations

### The Market in Petersburg

Petersburg ANB/ANS Hall

Every other Saturday / 10:00am—1:00pm

#### Participating Farmers:

Farragut Farm LLC

## Sitka Locations

### Sitka Farmers Market

235 Katlian Street

Every other Saturday / July—Sept / 10:00am—1:00pm

#### Participating Farmers:

St. Peters Fellowship Farm

Down-to-Earth U-pick Garden

### Down to Earth U-Pick Garden

2103 Sawmill Creek Road

June-Aug / Mon-Sat / 11am—6pm

## Haines Locations

### Four Winds Farm

Haines Farmers' Market

SE AK Fairgrounds

June-Sept / Saturday / 10am—1pm

## Approved & Ineligible Produce Lists

| Fruits  |               | Vegetables  |          |
|---|---------------|-------------|----------|
| Apples  | Pears         | Arti-chokes | Greens   |
| Blue-berries  | Pumpkins      | Beets       | Onions   |
| Canta-loupe   | Rasp-berries  | Broccoli    | Parsnips |
| Cherries  | Rhubarb       | Cabbage     | Radishes |
| Marion-berries  | Straw-berries | Carrots     | Tomatoes |
| Peaches   |               | Corn        | Yams     |
| Fresh-Cut Herbs*  |               |             |          |
| Basil   | Dill Weed     | Parsley     | Tarragon |
| Chives  | Mint          | Rosemary    | Thyme    |
| Cilantro  | Oregano       | Sage        |          |
| Ineligible Foods  |               |             |          |
| Fruits or vegetables processed beyond their natural state |               |             |          |
| Fruits or vegetables with added sugars, fats, or oils     |               |             |          |
| Dried fruits or vegetables                                |               |             |          |
| Honey, tree or fruit syrups, cider or juice               |               |             |          |
| Vegetable-grain or fruit mixtures                         |               |             |          |
| Nuts or seeds, fruit leathers or fruit roll-ups           |               |             |          |
| Eggs, meat, cheese, or seafood                            |               |             |          |
| Canned or dried mature legumes                            |               |             |          |

**Questions?**  
**Call (907) 465-3100**